

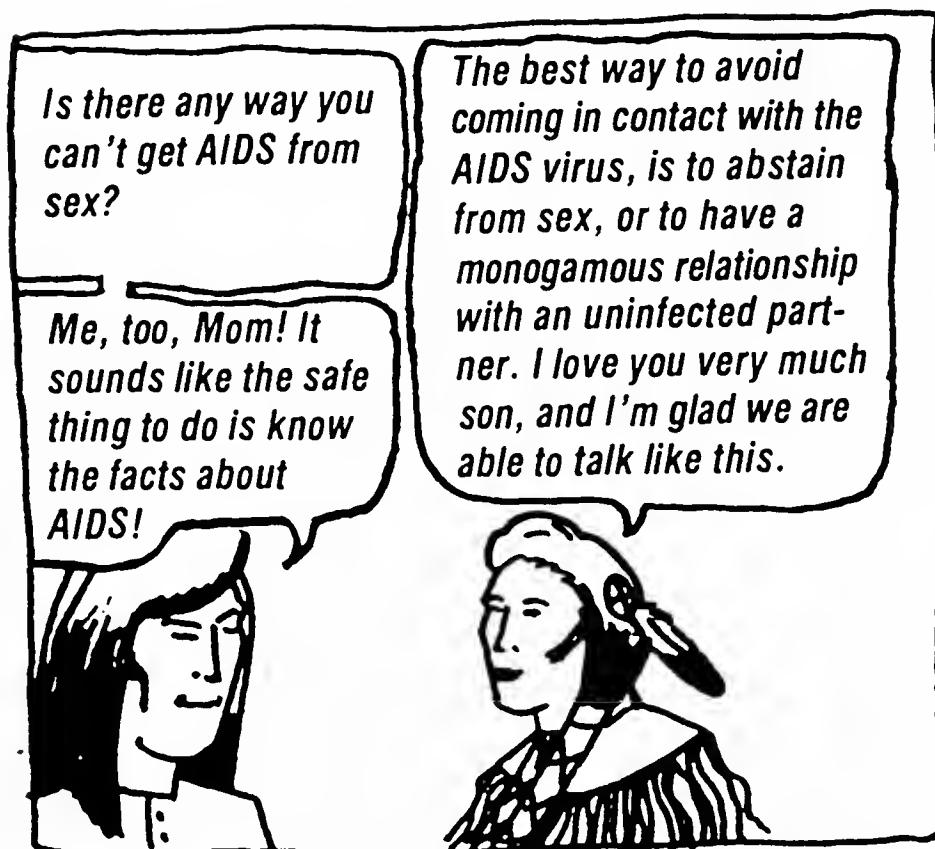


# Native American Women's Health Education Resource Center

A PROJECT OF THE NATIVE AMERICAN COMMUNITY BOARD

## MOM and SON CHAPTER THREE

### HOW DO PEOPLE GET AIDS?



*The Native American Women's Health Education Resource Center has developed this cartoon strip to better assist you in explaining the facts about AIDS (Acquired Immune Deficiency Syndrome) to your children and students.*

*Children are also concerned about AIDS. It is important that they have correct information, presented in a way they can understand. It is important that awareness and prevention start at the earliest age possible. Only too often we adults exclude or put off sharing information about many issues with our children until we are confronted with that very issue.*

*This cartoon strip, MOM and SON, Chapter 1, "WHAT IS AIDS?" is designed for grades K-5. It will introduce some basic facts about AIDS. Chapter II, "IS JOHN GOING TO DIE?", is for grades 4-7, and Chapter III, "HOW DO PEOPLE GET AIDS?", is for grades 6-12.*

*On the back cover is additional information about AIDS, to better assist you in facilitating a discussion with the children after they have read the cartoon strip.*

## M. HORNED EAGLE

Mom, how did John get AIDS?

Son, do you remember the operation John had about five years ago?

1984  
1 2 3 4 5 6  
7 8 9 0 0 0  
1 2 3 4 5 6  
7 8 9 0 0 0

John had to have a blood transfusion, and the blood was infected with the AIDS virus. That was before 1985, in 1985 they developed a test to detect the AIDS virus in the blood supply. Now the blood supply in the U.S. is safer. John had the blood transfusion before 1985.

What are the other ways, mom?

One of the other ways is through IV drug use.

What is IV drug use?

That is when a person uses a needle to shoot up drugs. If a person has the AIDS virus in their blood and shares the used needle or the syringe with a friend, without cleaning it first, then the virus goes directly into the blood stream, along with the drugs. It is a very easy way to become infected!

Are there other ways, Mom?

Yes. AIDS is now considered to be a sexually transmitted disease, so you can get it through sexual contact.

Yeah! It's true, Mom!  
Users are losers,  
and losers are users!

I thought just homosexual contact could spread AIDS.

No, son, all men and women can get AIDS if they are involved in high risk behaviors. Including IV drug use, multiple partners, having unprotected sex (no condoms) drinking alcohol, and not educating ourselves about AIDS.



How does drinking spread AIDS?

It's not the liquor itself that spreads it. It's the way people behave when they drink.



When a person is drunk, they aren't thinking straight, so they don't take care of themselves. Many people will have sex with several different partners and not think of using condoms and a protective spermicide when they are having sex.

I know what condoms are, but what is a protective spermicide?

The spermicide called Non-Oxynol 9 kills the AIDS virus. You can buy condoms that are already lubricated with Non-Oxynol 9, or you can buy a tube of it to put on unlubricated condoms.



Even if a person is not sexually active yet, it is important to know how to protect yourself before the time comes.

Do you have to always use a condom?



Yes. It's important to use them correctly and every time a person has sex, if there is any doubt about the partner being with someone else. Condoms aren't 100 percent effective, but will help a lot.



## What is AIDS?

AIDS was first diagnosed in the United States in 1981. It is caused by the Human Immunodeficiency Virus (HIV) which impairs the body's ability to fight infections-hence the name Acquired Immune Deficiency Syndrome.

## How do you get AIDS?

### You Can Get AIDS

#### Through Sexual Contact

AIDS can be transmitted from person to person through sexual contact. If you're a sexually active man or woman, you may become infected with the virus and infect others, even if you have no symptoms.

Refers to a disease that is not genetic, inherited or contracted from the environment.

### **A** CQUIRED

Refers to the body's system of protection against any particular disease.

### **I** MMUNE

Refers to a gap in the body's system of protection against any particular disease.

### **D** EFICIENCY

Refers to a set of symptoms which occur together.

### **S** YNDROME

### Love And Friendship Do Not Spread AIDS

You can't get AIDS from kissing, hugging, shaking hands, or touching loved ones, sharing cigarettes or using the same drinking glasses, cups, forks, spoons or dishes. The HIV is not spread by sneezing or coughing.

### IV (Intravenous) Drug Users

#### Can Get AIDS

AIDS can also be spread by sharing infected needles or syringes. That's why people who use injected drugs are at great risk of being exposed to the HIV and may infect others. That includes insulin needles and syringes.

### Babies Can Get AIDS

The virus may be passed on from a pregnant woman to her unborn baby during pregnancy or during delivery.

The virus may be passed on to a baby in mother's milk. Mothers who suspect that they may have been exposed to the HIV should not breast feed their babies.

### What About Blood Transfusions?

Before 1985 some people received blood transfusions that contained the virus. That same year a test was developed to find out if blood and blood products to be used in transfusions had been exposed to the HIV. Today, there is no need to fear receiving a blood transfusion in the United States.

## You can't get AIDS this way.

### Nothing Around You Can Spread AIDS

You can't get AIDS from:

- ✓ Mosquito bites,
- ✓ Touching door knobs,
- ✓ Using telephones,
- ✓ Toilet seats or
- ✓ Swimming pools.

### None Of These Things Put You At Risk

You don't have to live in fear. You just have to learn to avoid the risks that present a real danger.

For more information contact:

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